

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**LEGEND**



3.30 PM **BRAZILIAN JIU JITSU: KIDS**  
5 PM  
with Jack & Caleb  
\$20 per person  
Location: Blue Moon Room



4 PM **GARDEN CLUB**  
5.30 PM  
with Rebekah  
Free / Donations welcome  
Location: Gardens



5 PM **BRAZILIAN JIU JITSU: ADULTS**  
6.30 PM  
with Jack & Caleb  
\$20 per person  
Location: Blue Moon Room



9 AM **ROOTS OF YOGA**  
10.15 AM  
with Marcia  
\$10 - \$20 sliding scale  
Location: Blue Moon Room



3 PM **HOLISTIC MOVEMENT**  
4.30 PM  
with Olha Amanita  
\$10 - \$20 Sliding scale  
Location: Blue Moon Room



6.45 PM **PARTNER ACRO**  
8 PM  
with Lilia & Wayne  
\$15 per person  
Location: Blue Moon Room



10 AM **YOGA AND WARM UP**  
11 AM  
with Movement Church

11 AM **OPENING CIRCLE**  
11.15 AM  
with Varying Facilitators

11.15 AM **ECSTATIC DANCE**  
1.30 PM  
with Live DJ Every Week

1.30 PM **CLOSING CIRCLE**  
2 PM  
with Varying Facilitators  
\$20 for Yoga and Ecstatic Dance  
\$15 for Ecstatic Dance Only  
Payment Accepted at Hale Aloha  
Location: Blue Moon Room



4 PM **SOUND ALCHEMY INTEGRATION**  
7 PM  
with Various Facilitators  
\$5 - \$25 Suggested donation  
Location: Blue Moon Room

**TYPES OF CLASSES**



MOVEMENT AND MINDFULNESS



GARDENS



RECREATION OR SKILL SHARE

**STUDIO LOCATIONS**

BLUE MOON ROOM

GARDENS

HALE ALOHA

OCEAN VISTA 25 STUDIO